

Resources and Programs to Help You Quit

- ◆ Call the Michigan Tobacco QuitLine at 1-800-480-7848 – they can help you develop a plan and give you the support you need to quit!
- ◆ If you like the information in this brochure and prefer the self-help method – contact the Michigan Department of Community Health Clearinghouse at 1-800-537-5666 for a FREE Smoker's Quit Kit.
- ◆ Michigan Department of Community Health, Smoke-Free for Baby & Me – 517-335-9750
- ◆ March of Dimes, Michigan Chapter – 248-359-1550
- ◆ For a listing of smoke-free restaurants in your area, contact Michigan Citizens for Smoke-Free Air at 248-547-2600 or go to www.smokefreeair.org.



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Quit Smoking for You and Your Baby

*Have you thought about
quitting smoking?
Now is a great time.
Quitting smoking
is the best gift that you
can give to your child
and to yourself.*

Why?

For you

- ◆ Cigarette smoking is the leading cause of heart disease, cancer, stroke and lung disease among women.
- ◆ Women who smoke may have a harder time becoming pregnant, and may have health problems during pregnancy.
- ◆ Lung cancer is now the leading cause of cancer death among women in the U.S.
- ◆ Teen and preteen girls who smoke have lower rates of lung growth.

For your baby

If you smoke when you're pregnant...

- ◆ Less oxygen gets to the baby's brain, and this can cause the baby to be born too small.
- ◆ You may produce less breast milk.
- ◆ Your baby's lung growth and function may be slowed during pregnancy and childhood.
- ◆ It can poorly affect your child's intelligence, and can cause behavioral problems.

Remember... secondhand smoke is harmful, too!

Secondhand smoke...

- ◆ Increases the chance of sudden infant death syndrome (SIDS).
- ◆ Can cause a baby to be born too small.



- ◆ Can cause illnesses like pneumonia and bronchitis in infants and children.
- ◆ Can increase asthma attacks in children.

What You can do to protect yourself and your baby

- ◆ Make your home a smoke-free environment. Ask your family and friends to help.
- ◆ Call EPA at 1-800-438-4318 to take the smoke-free home pledge.
- ◆ Ask friends, family members and others not to smoke around you.
- ◆ Try not to go to places where people are smoking –it will make it harder

for you to quit smoking, and it's not good for you and your baby.

- ◆ Choose to eat in places that are smoke-free.

Make a decision to quit and stick to it

Quitting is not easy...

- ◆ Most people find the first two days to be the hardest.



But the rewards are immediate for you and your baby...

- ◆ Immediately after you stop smoking – you may have less morning sickness.
- ◆ A few hours after you stop smoking – you and your baby will have more oxygen.
- ◆ One day after you stop smoking – your risk of heart attack starts to go down.
- ◆ Two days after you stop smoking – your senses of taste and smell begin to return to normal. You can better enjoy the taste of food!

- ◆ Two weeks after you stop smoking – your lungs are working much better than they did before.

...and LONG LASTING - if it helps you, it helps your baby!

- ◆ For you – better health, a longer life, and more money in your pocket
- ◆ Your risk of heart disease drops by half after one year of not smoking, and your risk of lung cancer continues to drop.
- ◆ Quitting smoking may lead to other healthy behaviors, like exercise and better eating habits.

Here are some tips...

- ◆ Talk to your doctor or nurse – they may be able to help you or refer you to a professional or program that can help you quit smoking.
- ◆ Set a date within one week. Mark the day on your calendar. Post your quit date around your house, and stick to it.



- ◆ Things to do to prepare for your quit date:
 - Change routines that make you think about smoking, such as: Take a warm bath or shower as soon as you wake up in the morning, call a friend while you are watching TV, or drive a different way to work.
 - Let your partner, spouse, family, and friends know about your plan to quit smoking, and ask for their support.
 - Ask a partner or spouse to quit with you.
 - Expect some withdrawal symptoms – feeling irritable, headaches, or trouble sleeping – they will pass in a couple of weeks.

After You Have Quit

- ◆ Reward yourself regularly – with all the money you are saving, you can go shopping or see a movie.
- ◆ The new stress of having a baby might make it difficult to stay quit. Make a plan to do something else instead of having a cigarette.
- ◆ Ask others not to smoke around you.
- ◆ Try not to go to places where others are smoking

Now that you have really quit

If you slip and start smoking again – don't be hard on yourself. Remember quitting is hard and that you have not failed until you quit trying! Don't quit quitting!

